

NewsWIC

Fond du Lac County Health Department

Winter 2007-2008



Whole Grains Made Easy

Whole grains may help you lose weight

and protect you from health problems such as diabetes, heart problems and constipation. But how can you tell which foods are truly whole grains and which ones are just in a clever disguise?

To find out if a grain is a **whole** grain, read the food label's ingredient list. Choose foods that name one of the following whole-grain ingredients **first** on the list.

Brown rice
Bulgur (cracked wheat)
Graham flour
Whole grain cornmeal
Whole grain corn

Whole rye
Popcorn
Whole wheat
Oatmeal
Wild rice

When reading bread & cereal labels, don't be fooled by terms like "multi-grain", "5-grain" or "a good source of WHOLE GRAIN". Also, a product that says "wheat", "enriched" or is brown in color may not be a whole grain product. It may be a refined grain which was a whole grain that has been processed to remove the bran and the germ. This process removes fiber, iron and many B Vitamins making refined grains much less nutritious. Examples of refined grain products are:

White flour
Cornbread*
Corn tortillas*
White rice
Wheat bread

Spaghetti/Macaroni
Couscous*
Grits
Pita bread*
White bread

***Most of these are refined grains; but could be made with whole grains. Check the ingredient list to know for sure.**

The following WIC cereals are all whole grain products: all Cheerios, Wheat Chex, Whole Grain Total, Wheaties, both Mini-Wheats & Mini-Spooners, Banana Nut Crunch, Bran Flakes, all Grape Nuts, Life, Oatmeal and Oatmeal Squares.

The following chart gives examples of a week's worth of whole grain meal and snack ideas. Try adding a few into your diet each week. The recommendation is to make at least half your grains whole grains.



Family-Friendly Whole Grain Ideas for Every Meal

	Breakfast	Lunch	Snack	Dinner
Monday	Whole grain bagel	Stuffed whole grain pita	Popcorn	Instant brown rice stir fry
Tuesday	Whole grain raisin toast	Sandwich on rye bread	Whole grain crackers	Whole grain pasta w/sauce
Wednesday	Whole grain ready-to-eat cereal	Whole grain wrap	Oatmeal cookie	Tacos in corn tortillas
Thursday	Oatmeal	Sub sandwich on whole grain roll	Whole grain chips	Wild rice
Friday	Whole grain English muffin	Whole grain veggie burger	Whole grain granola bar	Bulgur pilaf
Saturday	Whole grain waffles	Hamburger on whole grain bun	Whole grain graham crackers	Homemade pizza on whole grain pita crust
Sunday	Whole grain pancakes	Barley mushroom soup	Whole grain pretzels	Whole grain cornbread

Cold & Flu Season Tips

Sandy Fryda, R.N.

Cold and flu season is upon us... What can you do to prevent you and your family from becoming sick? Prevention should be your goal, since there are no known cures for colds and flu.

Cold and flu viruses are spread by direct contact. One of the most important things you can do is wash hands frequently with warm water and soap for at least 20 seconds. Wash children's hands for them. Also use hand sanitizers, when soap and water are not available. Don't cough or sneeze into your hands. Use Kleenex and throw out right away or if that's not available, sneeze or cough into the crook of your arm. Try not to touch your face with your hands—cold & flu viruses enter the body through the eyes, nose or mouth. Do not share drinking cups or bottles of water.

Take good care of yourself & your family. Drink plenty of fluids; eat a well-balanced diet including lots of fruits & vegetables. Get plenty of fresh air. Cold air does not cause colds or the flu. Get plenty of exercise. If you have a healthy body you are less likely to catch a cold or flu virus.

Get a flu shot. Flu shots can be given to people 6 months of age and up. Persons age 2 years to 49 may get the flu mist. Children 6 months through 18 years can get the shot free of charge through the FDL County Health Department. For more information on flu shots, call the Health Department at 929-3085. Have a healthy winter!



Breastfeeding Corner

Should I still breastfeed when I get a cold or the flu?

When you have a cold or the flu, you may be concerned about infecting your baby. It's important to know that breastfeeding is the only protection your baby has from your illness. Once you have the symptoms, your baby has already been exposed because you are most contagious just before your symptoms appear. One of the first things your body does is to produce specific antibodies to fight that illness, some of which go right into your milk. If your baby continues breastfeeding, the antibodies in your milk will either prevent her/him from catching the illness, or if she/he does get sick, your baby will get a milder case. If you stop breastfeeding now, your baby will be deprived of the only available protection.



FDL County Immunization Clinics

December

10 (Mon.) 2:00-5:00, City-County Bldg., FDL

January

10 (Thurs) 4:00-6:00 Waupun Hospital

14 (Mon.) 2:00-5:00 City-County Bldg., FDL

21 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.

28 (Mon.) 4:00-6:00, City-County Bldg., FDL

30 (Wed.) 4:00-6:00, Ripon High School

February

11 (Mon) 2:00-5:00, City-County Bldg., FDL

25 (Mon.) 4:00-6:00, City-County Bldg., FDL

March

10 (Mon.) 2:00-5:00, City-County Bldg., FDL

13 (Thurs.) 4:00-6:00, Waupun Hospital

17 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.

24 (Mon.) 4:00-6:00, City-County Bldg., FDL

26 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM.** To make an appointment or if you have any other immunization questions, please call **929-3085.**

Recent WIC Raffle Winners

The winner of our Summer Raffle is Jeannine Ernsberger. The winners of Kip the Dinosaur (Farmer's Market contest) are: Gia and Kayla Lafalgio. Congratulations to all!



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